

# Cauliflower-Quinoa Meatballs

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 25-30 meatballs | Serving Size: 3 meatballs

## Ingredients

3 cups cauliflower florets (about 1 medium head of cauliflower)

3 cups cooked quinoa

¾ cups panko breadcrumbs

3 eggs

1 teaspoon chili powder

1 teaspoon paprika

1 teaspoon cumin

1½ teaspoons salt

1 tablespoon oil

## Directions

1. In a medium cooking pot, bring water to a boil, add cauliflower florets and boil for about 5 minutes (until fork-tender). Drain well.
2. In a food processor, pulse the quinoa and cauliflower until semi-smooth. Transfer mixture to a large mixing bowl.
3. Add breadcrumbs, eggs, chili powder, paprika, cumin, and salt and mix well.
4. Roll into small balls, about the size of 2 tablespoons.
5. Heat a large skillet over medium heat.
6. Add olive oil and heat until shimmering.
7. Working in batches, add the meatballs to the skillet allowing enough room to turn the meatballs.
8. Cook for a 2-3 minutes on each side, gently turning the meatballs until equally browned on all sides.
9. Repeat until all meatballs are cooked. Serve warm.

## Recipe Notes

- Instead of pan-frying, these meatballs may be baked at 350°F for 20 minutes, rotating half way through cooking.
- Substitute brown rice for the quinoa if desired.

**Nutrition Facts Per Serving:** Calories: 100 | Total Fat: 3.5 g | Saturated Fat: 0.5 g  
Sodium: 385 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 4.5 g

Adapted from [pinchofyum.com](http://pinchofyum.com) | Submitted by Alexa Grant, RDN, LDN  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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